



The Health Status of Populations in Utah

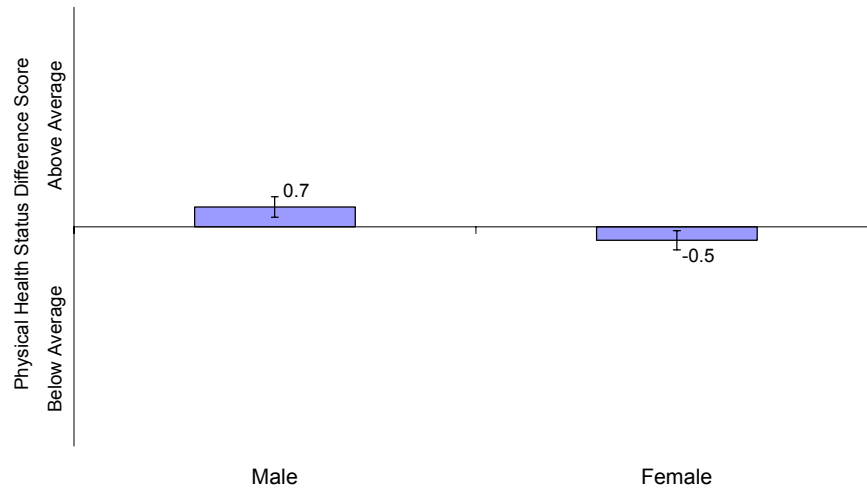
This section uses age-specific difference scores for the Physical and Mental Health Composite Scales (PCS and MCS), and averages them across groups of persons with various demographic characteristics. For each group mean, a confidence interval is computed and presented in the figures. If the confidence interval for a group's mean difference score does not include zero (the age specific score) that group can be considered statistically significantly above or below average.



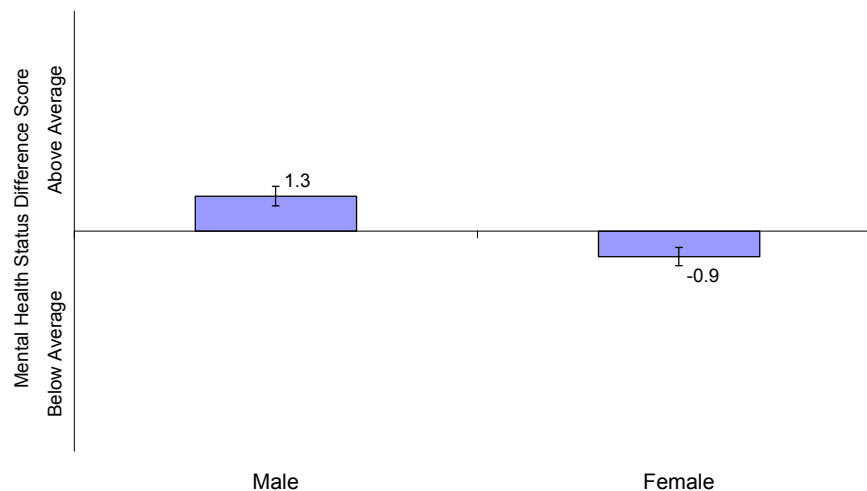
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Physical Health Status Difference Scores by Sex, Adults
Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Sex, Adults Age
18 or Over, Utah, 2001

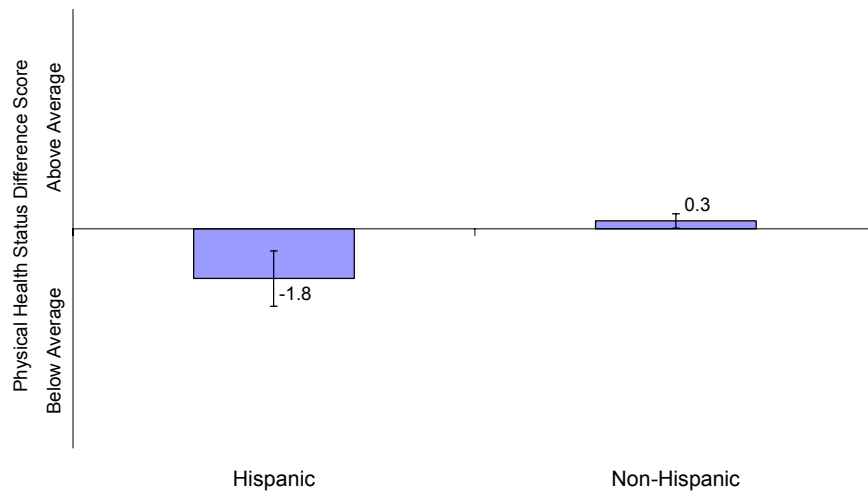


- Males scored significantly higher on both the PCS and MCS. This finding is consistent with other studies (BRFSS, 1996 HSS) and suggests that women's experience of physical health is poorer than men's. It could also be due to the fact that men are less likely to report or acknowledge poor physical and mental health status.

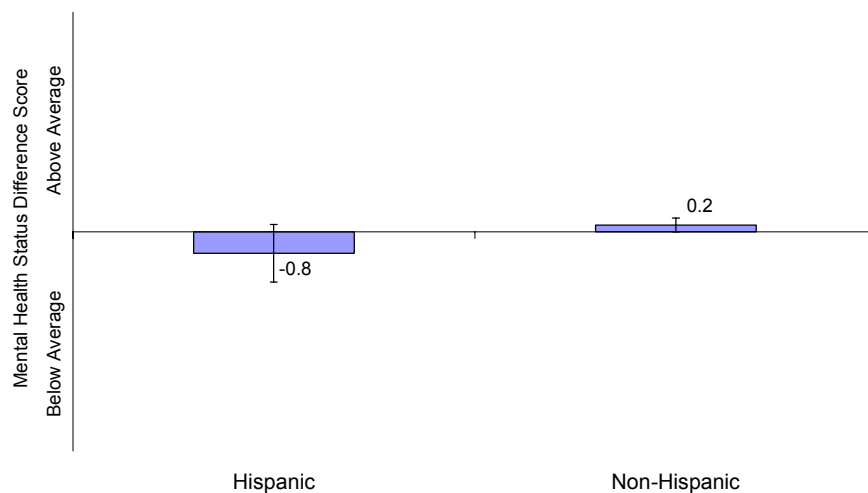
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Physical Health Status Difference Scores by Hispanic Status, Adults Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Hispanic Status, Adults Age 18 or Over, Utah, 2001

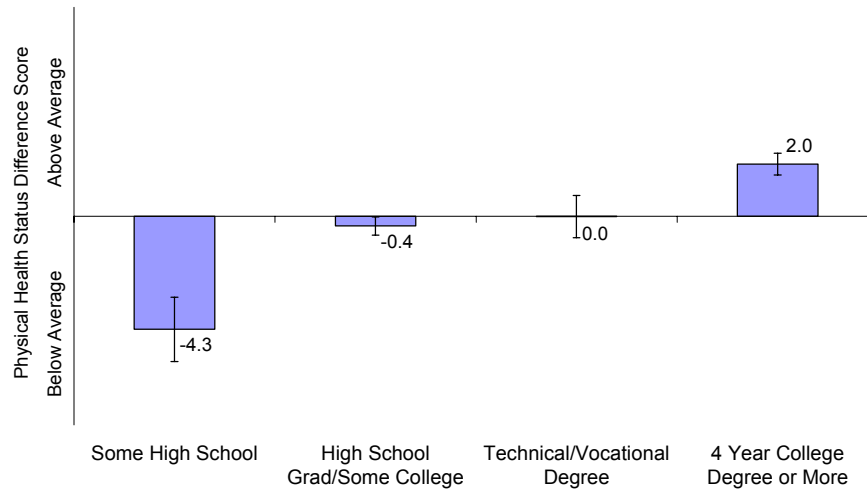


- Hispanic persons scored lower on the physical and mental health scales than non-Hispanic persons. This difference in health status was statistically significant for the physical health measure.

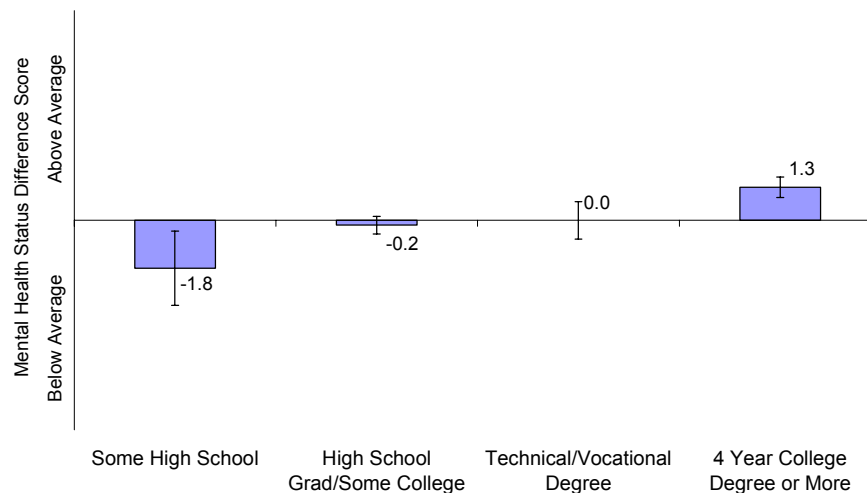
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Physical Health Status Difference Scores by Education,
Adults Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Education,
Adults Age 18 or Over, Utah, 2001

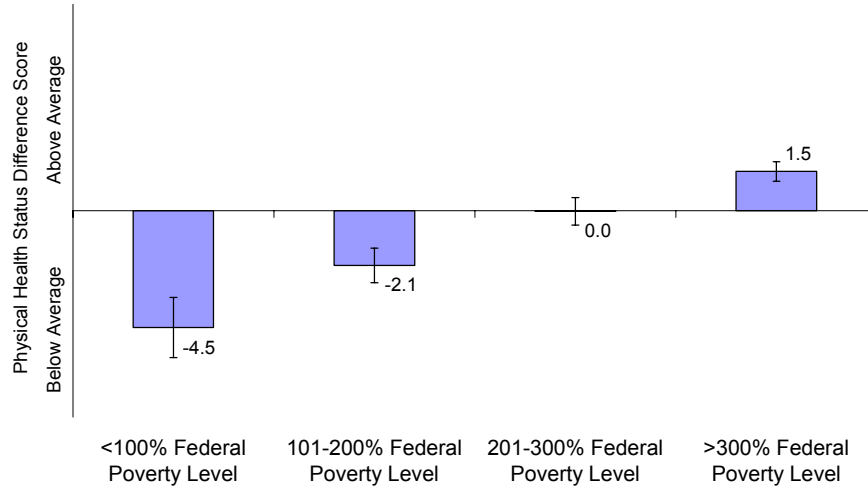


- Education level had a positive association with physical and mental health. Persons with four years of college or more had better physical and mental health. Conversely, persons who did not finish high school had significantly worse health than others.
- This association could have something to do with the increased earning potential that comes with education, however, it could also be because less healthy persons and persons with mental health issues are less likely to pursue higher levels of education.

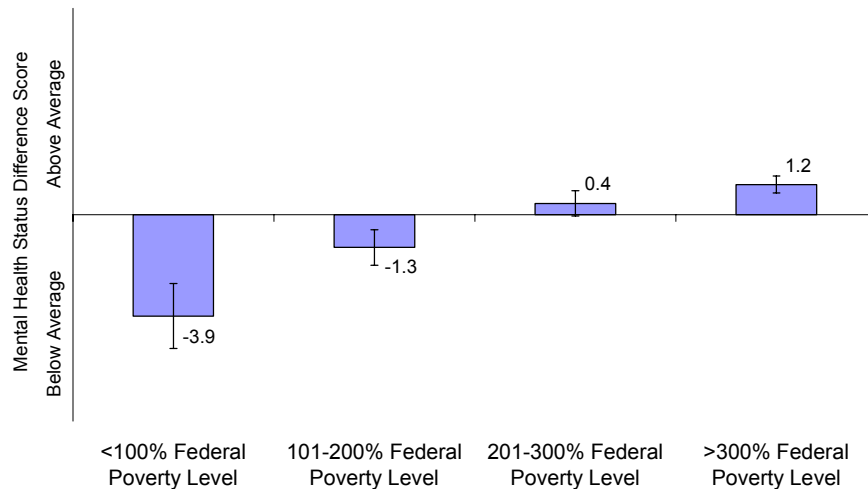
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Physical Health Status Difference Scores by Poverty Level,
Adults Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Poverty Level,
Adults Age 18 or Over, Utah, 2001

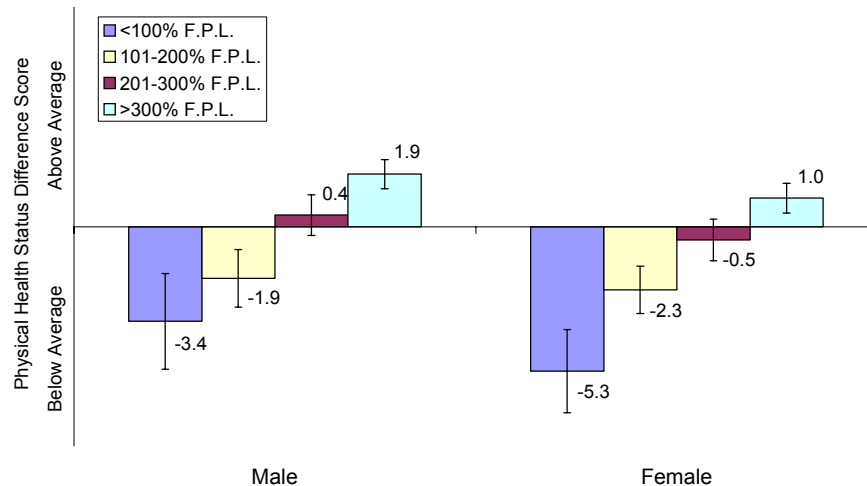


- Poverty level had a strong positive association with health status. Persons in households with incomes less than 100% of the Federal Poverty Level scored lower than others on both the physical and mental health scales. These differences were statistically significant.
- Those who lived over 300% of poverty scored higher on the physical and mental health scales. This was also statistically significant.

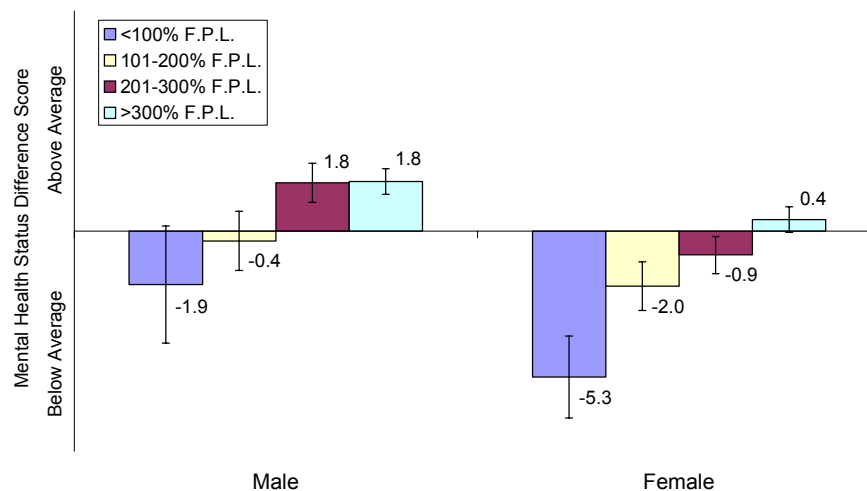
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Physical Health Status Difference Scores by Sex and Poverty Level, Adults Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Sex and Poverty Level, Adults Age 18 or Over, Utah, 2001

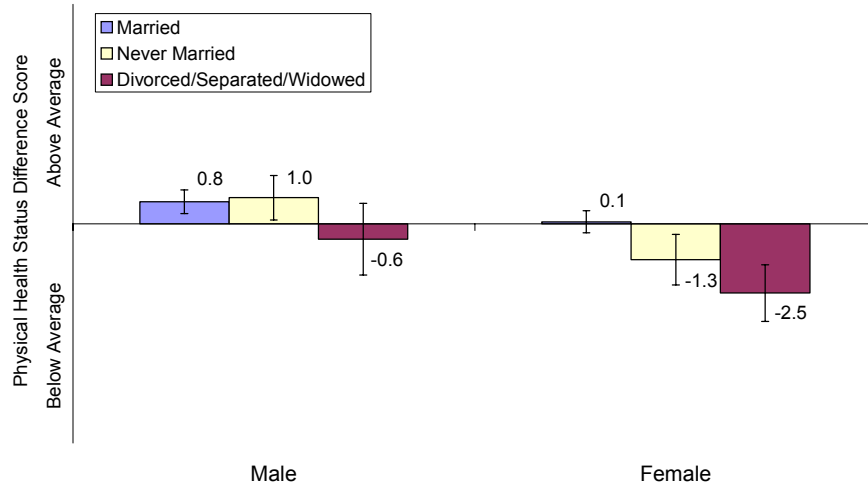


- There were large differences in the PCS and MCS scores for men and women across different poverty thresholds.
- Women scored lower than men regardless of poverty level for the mental and physical health scales.
- Females living below 100% of poverty scored the lowest on both the physical and mental health scales.

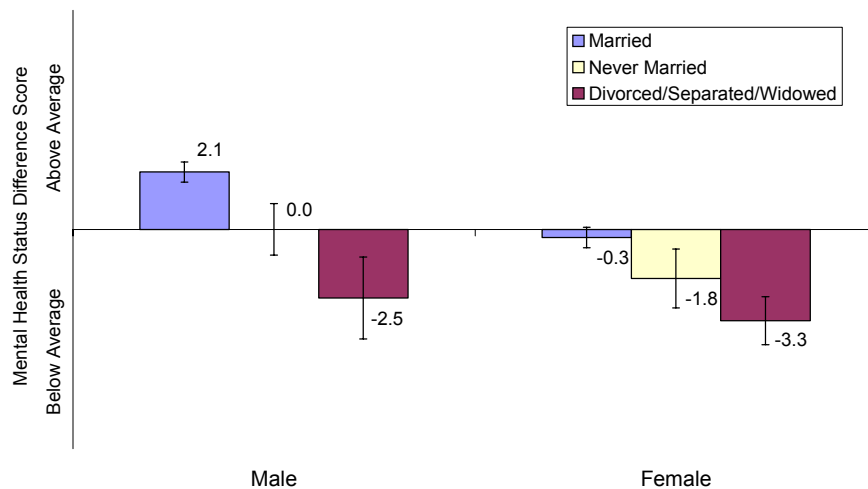
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Physical Health Status Difference Scores by Sex and Marital Status, Adults Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Sex and Marital Status, Adults Age 18 or Over, Utah, 2001

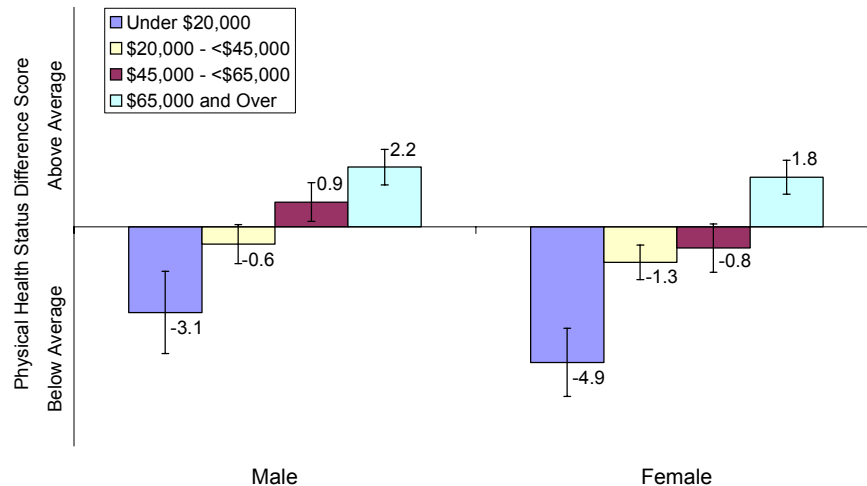


- Marital status was associated with physical and mental health outcomes for both men and women.
- Regardless of sex, those who were divorced/separated/widowed scored lower than those who were either married or never married on both the PCS and MCS.
- Women who were divorced/separated/widowed had the poorest mental health.

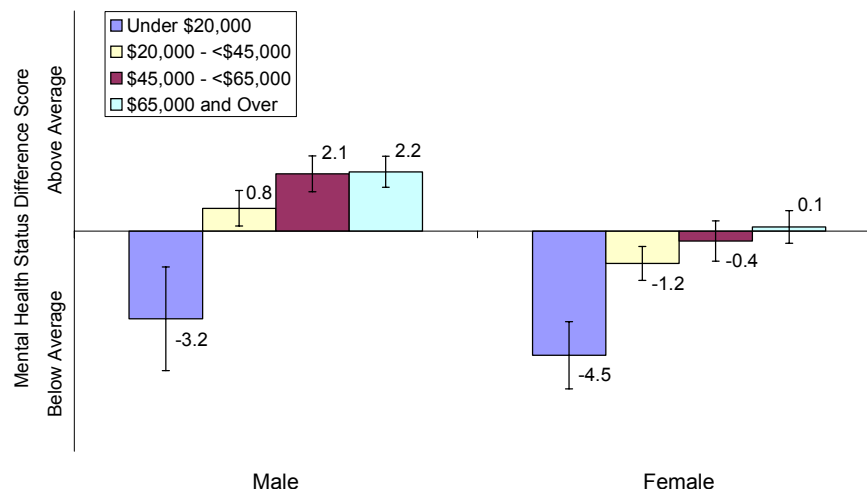
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Physical Health Status Difference Scores by Sex and Income, Adults Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Sex and Income, Adults Age 18 or Over, Utah, 2001

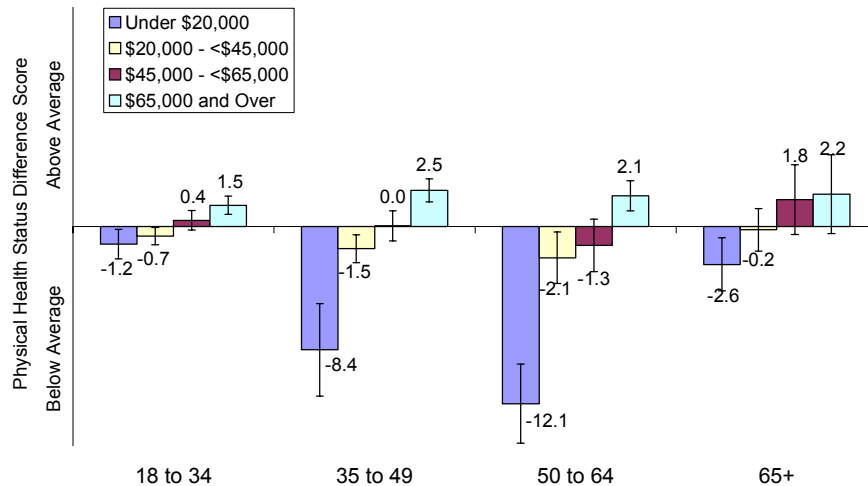


- The association between health status and income level was similar to the association between health status and poverty level. As income level increased, physical and mental health status also increased regardless of sex.
- However, males at higher income levels scored higher on the physical and mental health scales than females at the same income level.
- It is likely that income influences health and health also influences income level. Researchers also hypothesize that other factors, such as sense of control over one's destiny, exert a strong influence on both health and educational attainment.

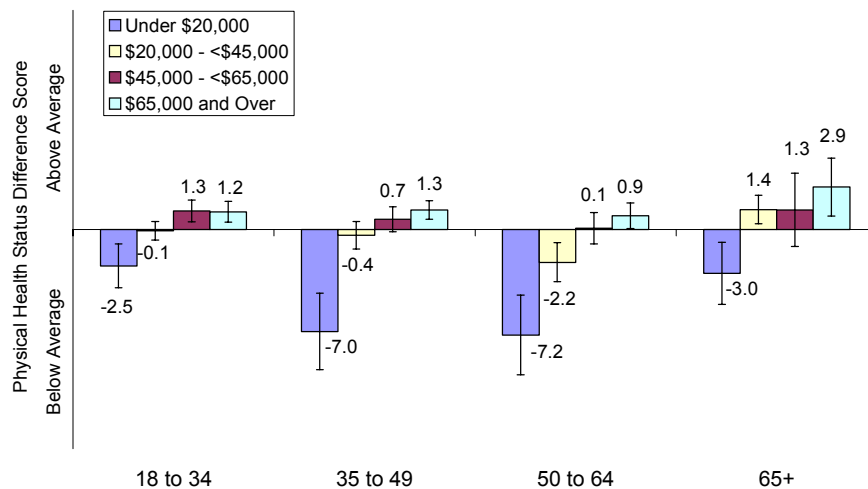
The Health Status of Populations in Utah



Physical Health Status Difference Scores by Age and Income, Adults Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Age and Income, Adults Age 18 or Over, Utah, 2001

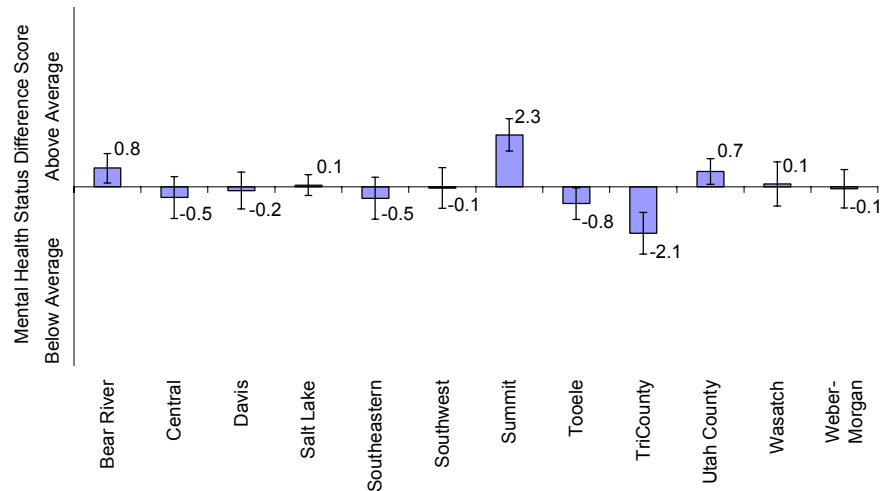


- A similar pattern for health outcomes by income category was found for persons in all age groups.
- Persons 65 years and over in the highest income category scored higher on the mental health scale than any other age/income category.
- The greatest differences for physical health were found among those aged 50 to 64 with annual household incomes less than \$20,000. This is a time when chronic diseases may begin to manifest themselves, but those with lower incomes are not yet eligible for Medicare.

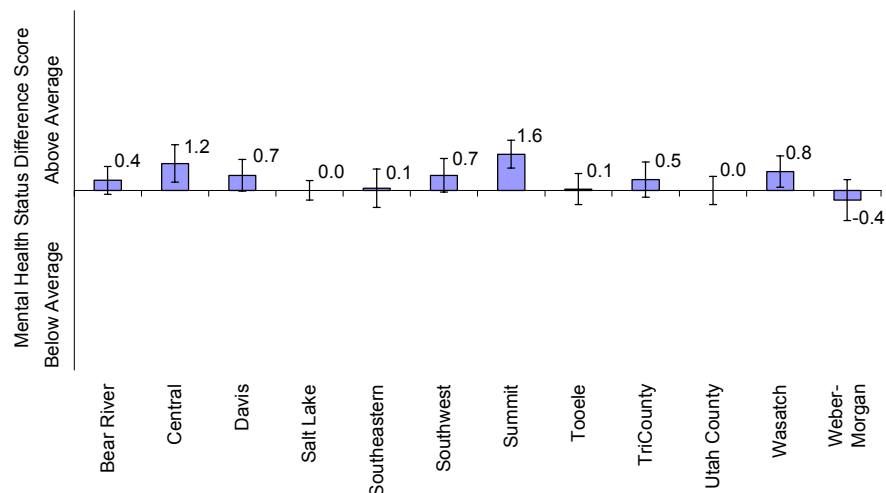
The Health Status of Populations in Utah



Physical Health Status Difference Scores by Local Health District, Adults Age 18 or Over, Utah, 2001



Mental Health Status Difference Scores by Local Health District, Adults Age 18 or Over, Utah, 2001



- There were small differences in health outcomes across the 12 local health districts in Utah.
- Bear River, Summit, and Utah County scored above average on the physical health scale, compared to Tooele and TriCounty which scored below average on the PCS.
- Central, Davis, Summit, and Wasatch health districts scored above average on the mental health scale.
- Summit County scored the highest on both the MCS and PCS for all local health districts.



Table 1. The Physical and Mental Health Status of Populations in Utah, Physical and Mental Health Status Summary Means and Difference Scores by Selected Demographic Characteristics, Utah Residents, Age 18 and Over, 2001.

Demographic Subgroup	Physical Composite Scale (PCS)			Mental Composite Scale (MCS)		
	Mean Scale Score	Difference Score		Mean Scale Score	Difference Score	
Overall	50.8	*** ₁	± *** ¹	52.4	*** ₁	± *** ¹
Sex						
Male	51.5	+0.72	± 0.37	53.5	+1.27	± 0.36
Female	50.1	-0.49	± 0.35	51.3	-0.93	± 0.33
Age Group						
18 to 34	53.4	*** ₁	± *** ¹	51.8	*** ₁	± *** ¹
35 to 49	51.7	*** ₁	± *** ¹	51.9	*** ₁	± *** ¹
50 to 64	47.9	*** ₁	± *** ¹	52.8	*** ₁	± *** ¹
65+	43.6	*** ₁	± *** ¹	54.7	*** ₁	± *** ¹
Sex and Age						
Males, 18 to 34	54.1	*** ₁	± *** ¹	53.2	*** ₁	± *** ¹
Males, 35 to 49	52.0	*** ₁	± *** ¹	52.7	*** ₁	± *** ¹
Males, 50 to 64	49.0	*** ₁	± *** ¹	53.6	*** ₁	± *** ¹
Males, 65+	44.2	*** ₁	± *** ¹	55.8	*** ₁	± *** ¹
Females, 18 to 34	52.7	*** ₁	± *** ¹	50.4	*** ₁	± *** ¹
Females, 35 to 49	51.4	*** ₁	± *** ¹	51.2	*** ₁	± *** ¹
Females, 50 to 64	46.8	*** ₁	± *** ¹	52.0	*** ₁	± *** ¹
Females, 65+	43.1	*** ₁	± *** ¹	53.7	*** ₁	± *** ¹
Education						
Some High School	46.8	-4.34	± 1.23	50.3	-1.83	± 1.42
High School Grad/Some College	50.3	-0.38	± 0.35	52.0	-0.18	± 0.34
Technical/Vocational Degree	51.1	-0.02	± 0.81	52.1	+0.04	± 0.72
4 Year College Degree or More	52.4	+1.99	± 0.42	53.5	+1.26	± 0.39
Annual Household Income						
Under \$20,000	46.0	-4.20	± 0.96	48.4	-3.97	± 1.05
\$20,000 to <\$45,000	49.9	-0.98	± 0.47	52.0	-0.22	± 0.45
\$45,000 to <\$65,000	51.4	+0.08	± 0.56	52.9	+0.88	± 0.50
\$65,000 and Over	52.9	+2.01	± 0.45	53.4	+1.26	± 0.41
Marital Status						
Married	50.9	+0.43	± 0.30	53.1	+0.88	± 0.27
Never Married	52.9	+0.06	± 0.62	51.1	-0.73	± 0.72
Divorced/Separated/Widowed	46.9	-1.82	± 0.82	49.5	-3.03	± 0.78
Employment Status						
Full Time	52.3	+0.88	± 0.31	52.8	+0.82	± 0.31
Part Time	52.3	+0.60	± 0.61	51.7	-0.35	± 0.66
Retired	43.5	-0.70	± 0.91	54.1	+0.33	± 0.71
Keeping House	51.7	+0.34	± 0.73	51.7	-0.38	± 0.70
Student	55.0	+2.02	± 1.13	52.9	+1.15	± 1.55
Unemployed/Other	40.0	-10.70	± 1.80	45.7	-6.64	± 1.78

The Health Status of Populations in Utah



Table 1 (continued). The Physical and Mental Health Status of Populations in Utah, Physical and Mental Health Status Summary Means and Difference Scores by Selected Demographic Characteristics, Utah Residents, Age 18 and Over, 2001.

Demographic Subgroup	Physical Composite Scale (PCS)		Mental Composite Scale (MCS)	
	Mean Scale Score	Difference Score	Mean Scale Score	Difference Score
Local Health District				
Bear River	51.6	+0.83 ± 0.66	52.6	+0.45 ± 0.62
Central	49.5	-0.48 ± 0.94	53.6	+1.20 ± 0.83
Davis	50.6	-0.18 ± 0.81	52.9	+0.67 ± 0.71
Salt Lake	50.8	+0.06 ± 0.46	52.1	-0.04 ± 0.44
Southeastern	49.5	-0.52 ± 0.94	52.5	+0.10 ± 0.85
Southwest	49.8	-0.06 ± 0.90	53.1	+0.68 ± 0.75
Summit	53.2	+2.31 ± 0.72	53.7	+1.61 ± 0.63
Tooele	50.2	-0.76 ± 0.71	52.3	+0.06 ± 0.69
TriCounty	48.2	-2.08 ± 0.92	52.8	+0.48 ± 0.78
Utah County	52.0	+0.68 ± 0.57	52.2	+0.04 ± 0.62
Wasatch	50.6	+0.12 ± 0.99	53.1	+0.84 ± 0.70
Weber-Morgan	50.3	-0.10 ± 0.86	51.8	-0.43 ± 0.92
Poverty Level				
<100% Federal Poverty Level	46.8	-4.52 ± 1.16	48.1	-3.92 ± 1.26
101-200% Federal Poverty Level	49.3	-2.11 ± 0.67	50.8	-1.27 ± 0.69
201-300% Federal Poverty Level	51.1	-0.02 ± 0.53	52.5	+0.44 ± 0.50
>300% Federal Poverty Level	52.1	+1.52 ± 0.38	53.4	+1.18 ± 0.33
Hispanic Status				
Hispanic	50.2	-1.81 ± 1.01	51.1	-0.78 ± 1.05
Non-Hispanic	50.9	+0.29 ± 0.26	52.5	+0.25 ± 0.25
Insurance Coverage				
Insured	50.6	+0.18 ± 0.27	52.8	+0.51 ± 0.25
Uninsured	51.8	-0.37 ± 0.75	49.5	-2.42 ± 1.05
Sex and Income				
Males, Under \$20,000	47.3	-3.13 ± 1.50	49.1	-3.19 ± 1.88
Males, \$20,000 - <\$45,000	50.4	-0.63 ± 0.71	52.9	+0.82 ± 0.64
Males, \$45,000 - <\$65,000	52.2	+0.90 ± 0.71	54.1	+2.08 ± 0.65
Males, \$65,000 and Over	53.0	+2.18 ± 0.65	54.4	+2.15 ± 0.56
Females, Under \$20,000	45.0	-4.95 ± 1.24	47.9	-4.51 ± 1.22
Females, \$20,000 - <\$45,000	49.4	-1.29 ± 0.63	51.1	-1.17 ± 0.61
Females, \$45,000 - <\$65,000	50.4	-0.77 ± 0.88	51.7	-0.36 ± 0.74
Females, \$65,000 and Over	52.9	+1.81 ± 0.62	52.2	+0.15 ± 0.59
Age and Income				
18 to 34 Years, Under \$20,000	52.0	-1.21 ± 1.00	49.3	-2.50 ± 1.50
\$20,000 to <\$45,000	52.6	-0.66 ± 0.59	51.7	-0.09 ± 0.64
\$45,000 to <\$65,000	53.7	+0.42 ± 0.66	53.0	+1.27 ± 0.75
\$65,000 and Over	54.7	+1.45 ± 0.63	53.0	+1.21 ± 0.72
35 to 49 Years, Under \$20,000	42.8	-8.45 ± 3.15	44.6	-6.98 ± 2.62
\$20,000 to <\$45,000	50.0	-1.53 ± 0.94	51.1	-0.40 ± 0.94
\$45,000 to <\$65,000	51.4	+0.05 ± 1.03	52.2	+0.70 ± 0.86
\$65,000 and Over	53.7	+2.47 ± 0.78	52.9	+1.33 ± 0.64



Table 1 (continued). The Physical and Mental Health Status of Populations in Utah, Physical and Mental Health Status Summary Means and Difference Scores by Selected Demographic Characteristics, Utah Residents, Age 18 and Over, 2001.

Demographic Subgroup	Physical Composite Scale (PCS)		Mental Composite Scale (MCS)	
	Mean Scale Score	Difference Score	Mean Scale Score	Difference Score
Age and Income (continued)				
50 to 64 Years, Under \$20,000	36.0	-12.13 ± 2.70	46.0	-7.23 ± 2.73
\$20,000 to <\$45,000	46.0	-2.15 ± 1.76	51.0	-2.25 ± 1.34
\$45,000 to <\$65,000	47.0	-1.31 ± 1.79	53.2	+0.09 ± 1.07
\$65,000 and Over	50.5	+2.10 ± 1.02	53.9	+0.93 ± 0.88
65+ Years, Under \$20,000	40.2	-2.60 ± 1.82	50.6	-3.00 ± 2.12
\$20,000 to <\$45,000	43.3	-0.23 ± 1.46	55.4	+1.36 ± 0.97
\$45,000 to <\$65,000	45.6	+1.84 ± 2.38	55.5	+1.33 ± 2.50
\$65,000 and Over	46.6	+2.21 ± 2.69	57.4	+2.90 ± 1.98
Sex and Education				
Males, Some High School	48.0	-3.61 ± 1.84	52.2	+0.21 ± 1.91
High School Grad/Some College	51.4	+0.33 ± 0.51	53.1	+0.93 ± 0.52
Technical/Vocational Degree	51.6	+0.30 ± 1.16	53.5	+1.52 ± 0.90
4 Year College Degree or More	52.5	+2.32 ± 0.59	54.3	+1.92 ± 0.55
Females, Some High School	45.3	-5.27 ± 1.50	47.9	-4.46 ± 2.03
High School Grad/Some College	49.4	-0.97 ± 0.47	51.2	-1.10 ± 0.44
Technical/Vocational Degree	50.7	-0.30 ± 1.12	50.9	-1.29 ± 1.05
4 Year College Degree or More	52.4	+1.56 ± 0.58	52.6	+0.38 ± 0.53
Sex and Employment Status				
Males, Full Time	52.7	+1.25 ± 0.40	53.7	+1.74 ± 0.38
Part Time	53.3	+1.54 ± 1.12	52.3	+0.13 ± 1.41
Retired	43.7	-0.53 ± 1.47	54.6	+0.86 ± 1.15
Keeping House	***	*** ± ***	***	*** ± ***
Student	***	*** ± ***	***	*** ± ***
Unemployed/Other	43.4	-7.87 ± 2.48	47.3	-4.97 ± 2.61
Females, Full Time	51.7	+0.24 ± 0.49	51.2	-0.78 ± 0.50
Part Time	51.8	+0.17 ± 0.72	51.4	-0.56 ± 0.71
Retired	43.4	-0.83 ± 1.14	53.7	-0.09 ± 0.89
Keeping House	51.7	+0.34 ± 0.74	51.7	-0.37 ± 0.71
Student	53.6	+0.81 ± 1.91	51.2	-0.61 ± 2.15
Unemployed/Other	36.8	-13.47 ± 2.34	44.1	-8.27 ± 2.44
Sex and Marital Status				
Males, Married	51.1	+0.80 ± 0.44	54.4	+2.10 ± 0.37
Never Married	53.9	+0.95 ± 0.81	51.7	-0.04 ± 0.94
Divorced/Separated/Widowed	49.1	-0.56 ± 1.31	49.7	-2.51 ± 1.49
Females, Married	50.8	+0.07 ± 0.40	51.9	-0.29 ± 0.37
Never Married	51.3	-1.31 ± 0.92	50.0	-1.79 ± 1.07
Divorced/Separated/Widowed	45.6	-2.53 ± 1.04	49.4	-3.33 ± 0.88
Sex and Hispanic Status				
Males, Hispanic	50.2	-1.86 ± 1.41	52.4	+0.50 ± 1.55
Non-Hispanic	51.7	+0.99 ± 0.38	53.6	+1.34 ± 0.36
Females, Hispanic	50.1	-1.76 ± 1.43	49.5	-2.38 ± 1.34
Non-Hispanic	50.1	-0.38 ± 0.36	51.5	-0.80 ± 0.34

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Table 1 (continued). The Physical and Mental Health Status of Populations in Utah, Physical and Mental Health Status Summary Means and Difference Scores by Selected Demographic Characteristics, Utah Residents, Age 18 and Over, 2001.

Demographic Subgroup	Physical Composite Scale (PCS)		Mental Composite Scale (MCS)	
	Mean Scale Score	Difference Score	Mean Scale Score	Difference Score
Sex and Federal Poverty Status				
Males, <100% F.P.L.	48.2	-3.45 ± 1.75	49.9	-1.94 ± 2.13
101-200% F.P.L.	49.6	-1.88 ± 1.05	51.6	-0.36 ± 1.07
201-300% F.P.L.	51.8	+0.43 ± 0.74	53.7	+1.75 ± 0.71
>300% F.P.L.	52.5	+1.92 ± 0.53	54.1	+1.80 ± 0.46
Females, <100% F.P.L.	45.8	-5.27 ± 1.52	46.7	-5.31 ± 1.49
101-200% F.P.L.	49.0	-2.30 ± 0.87	50.1	-2.00 ± 0.88
201-300% F.P.L.	50.4	-0.48 ± 0.76	51.3	-0.87 ± 0.68
>300% F.P.L.	51.5	+1.04 ± 0.54	52.7	+0.42 ± 0.46
Age and Federal Poverty Level				
18 to 34 Years, <100% F.P.L.	51.0	-2.27 ± 1.10	49.3	-2.44 ± 1.75
101-200% F.P.L.	52.1	-1.19 ± 0.79	51.1	-0.71 ± 0.93
201-300% F.P.L.	53.8	+0.57 ± 0.63	52.0	+0.27 ± 0.76
>300% F.P.L.	54.2	+0.97 ± 0.53	53.1	+1.35 ± 0.55
35 to 49 Years, <100% F.P.L.	46.0	-5.26 ± 2.59	46.1	-5.43 ± 2.36
101-200% F.P.L.	48.8	-2.73 ± 1.45	50.2	-1.20 ± 1.28
201-300% F.P.L.	52.6	+1.14 ± 0.88	52.6	+1.10 ± 0.79
>300% F.P.L.	52.8	+1.66 ± 0.75	52.8	+1.21 ± 0.58
50 to 64 Years, <100% F.P.L.	36.0	-12.55 ± 4.72	45.0	-7.95 ± 2.90
101-200% F.P.L.	40.2	-8.04 ± 2.94	48.3	-4.85 ± 2.82
201-300% F.P.L.	44.3	-3.97 ± 2.10	51.6	-1.54 ± 1.58
>300% F.P.L.	50.3	+2.04 ± 0.82	53.8	+0.71 ± 0.67
65+ Years, <100% F.P.L.	***	*** ± ***	***	*** ± ***
101-200% F.P.L.	42.5	-1.12 ± 2.09	52.3	-1.76 ± 1.87
201-300% F.P.L.	42.2	-1.41 ± 2.01	55.9	+1.85 ± 1.31
>300% F.P.L.	45.7	+1.97 ± 1.48	55.7	+1.61 ± 1.17

1 Difference scores not presented because age specific means were used in the calculation of these estimates.

Note: If the confidence interval is greater than the point estimate, results should be interpreted cautiously.

*** Insufficient sample size for calculation of population estimates.

2001 Utah Health Status Survey, Utah Department of Health